Abstract

A resin coated optical fiber 1 comprising a bare optical fiber 2 and sequentially provided on its circumference with a primary coating layer 3a and a secondary coating layer 3b both made of an ultaviolet-curing urethane resin. The primary coating layer 3a and the secondary coating layer 3b have respective thicknesses of 60 to 200 μm and 20 to 300 μm. The pulling force for simultaneously removing the primary and secondary coating layers 3a and 3b is 100 gf or less. The primary coating layer 3a has a tensile strength of 0.5 to 1 MPa. The primary coating layer 3a after immersed in a solvent has a swelling ratio of 5 to 150 %. The secondary coating layer 3b has a Young's modulus of 100 to 1,500 MPa. This resin coated optical fiber allows its coatings to be removed without deteriorating the strength or other properties of the bare optical fiber and without leaving any coating waste on the surface of the bare optical fiber after the coatings were removed.